



Caregivers Cove:

Grocery Shopping Tips — Do you want to save money while buying healthy foods for your family? We all do! Here are some tips to help you do both.

- Prepare your menu for the week around what you already have, and what's on sale. For example, if broccoli is on sale, make broccoli soup one night and a side dish of broccoli the next night.
- Eat before grocery shopping. Never go shopping hungry! You will be less tempted to buy junk food and items you don't need.
- Use a shopping list and stick to it to avoid impulse buying.
- Buy and use in-season veggies and fruit.
- Most bargains are found on the higher and lower shelves. Most costly brands are at eye level (to get your attention). Try generic or store brands.
- Buy healthy. Choose 1% or skim milk and other low or non-fat dairy products. Buy whole grain breads and cereals. Try to choose items where the first ingredient listed is whole wheat or "whole grain".
- Junk food, sodas and many prepared foods are costly and unhealthy, and therefore not a good use of money!



Summer Fun

Summer is a great time to get outside with your kids for some fresh air and activity!

Warm Weather Ideas!

- Play outside
- Jump in puddles
- Weed, water and rake the garden
- Run through a sprinkler or splash in a wading pool
- Play with sand, pails and shovels
- Wash the car as a family
- Go on a family bike or tricycle ride
- Go to a park or playground
- Skip, run, jump, hop, swing



Try Bubble Chase

What you need:

- bubble mixture; wand for each player

How to play: - 1 or more players

- Make up some bubble mixture a few hours ahead of time. Let your child blow bubbles and have fun chasing, popping or stomping them! This works best outside in the shade, or on a cool, cloudy day!

Homemade Bubble Recipe

- 2/3 cup dish washing liquid
 - 4 cups water
 - Optional: 1 tablespoon glycerin, which you can buy at any drug store.
1. Pour water into a large container like a plastic dishpan or a clean empty milk jug.
 2. Add dish washing liquid and gently stir.
 3. Add glycerin and gently stir.
 4. Let bubble mixture sit for a few hours before using. The longer it sits, the better the bubbles.
 5. Cover and store any leftover bubbles for another day. Plastic yogurt or margarine containers with lids work great for storing bubbles.

Cook's Corner

5-Layer Bean Dip

- 1 can (16 ounce) pinto beans
- 1/4 cup salsa
- 1/4 cup sour cream, low-fat
- 1/4 cup reduced fat cheddar cheese, shredded
- 1 cup shredded lettuce

Instructions:

1. Preheat oven to 400 degrees.
2. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
3. Spread salsa over beans.
4. Next, spread sour cream.
5. Sprinkle cheese over bean mixture.
6. Place dip in preheated oven. Bake about 8 minutes or until dip is bubbly. Sprinkle lettuce over dip.



Tuna Pasta Salad

- 2 cups macaroni, uncooked
- 2-6½ ounce cans tuna, canned in water
- ½ cup zucchini, chopped
- ¼ cup carrots, sliced
- ⅓ cup onions, diced
- ¼ cup salad dressing, mayonnaise type

Instructions:

1. Cook macaroni according to package directions.
2. Drain tuna.
3. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
4. Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
5. Chill until ready to serve.

From the following website

www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/makeitquickandeasy.htm



Wellness Nutrition Fun Facts

For WIC Families

July August 2008



Celebrate World Breastfeeding Week August 1-7th

"Breastfeeding: The First Step towards Good Health"



Parents try to take all the right steps to provide the best for their children. Breastfeeding is the ideal first step to help infants grow into healthy children and beyond!

The benefits of breastfeeding begin from the first moments after childbirth and last for many years after breastfeeding ends.

Benefits Early On:

- ❖ Breast milk is easier on baby's tummy
 - it has an ideal balance of nutrients that the infant can easily digest
- ❖ Breastfed babies have a lower incidence of sudden infant death syndrome (SIDS)
- ❖ Breast milk contains antibodies, which help protect baby from illness and infections
 - babies are more able to fight off infection and disease, are sick less often so need fewer doctor visits.

Other Benefits:

- ❖ Nursing helps baby's mouth and teeth develop and may help with speech
- ❖ Less risk of constipation, colic, and other stomach upsets
- ❖ Lower risk of tooth decay (cavities)
- ❖ Reduced risk of diabetes
- ❖ Less risk of childhood obesity

Breastfeeding:

- ❖ can protect baby from getting allergies.
- ❖ helps with brain growth and studies show it improves IQ.
- ❖ may help baby accept new foods more easily when it is time to try solids as breast milk tastes different from formula.

Summer Fun in the Sun - Picnics are a great way to enjoy a family meal and the outdoors



Fill your picnic basket and your summer with fun family memories!

- ❖ Get a picnic basket, cooler or beach bag and let kids help pack plastic plates, forks, spoons, napkins and wet wipes.
- ❖ Put a tablecloth on a picnic table; spread a blanket on the grass at the park or even in your own back yard!
- ❖ Bring bug repellent, band-aids, and sunscreen!

Turn Family Picnics into Active Time

- ❖ Explore with a nature scavenger hunt.
- ❖ Walk or ride bikes on a nature trail.
- ❖ Play water catch at the beach or pool.
- ❖ Bring a rubber ball, Frisbee, jump rope.
- ❖ Do a city "walk around" to explore
- ❖ Kids like to dance. Ask your child to pick music tapes or CDs. Pack along a player!

Tasty Picnic Ideas:

- ❖ Build a family sandwich
 - Use a large loaf of French bread and cut the loaf lengthwise. Fill with your favorite sandwich fixings like sliced ham or turkey, cheese slices, lettuce, tomato slices, etc. Cut into small sandwiches.
- ❖ Tortilla wraps with deli meat, cheese, vegetables and light ranch dressing
- ❖ Peanut butter and jelly sandwiches
- ❖ Cut-up fresh fruit and vegetables
- ❖ Sliced cheese and whole grain crackers
- ❖ Fruit yogurt
- ❖ Baked tortilla chips and salsa

Keep Foods Safe:

- ❖ Keep warm foods warm and cold foods cold. Keep cold foods in a cooler with ice packs. If bringing warm foods, wrap in a towel and eat within an hour.